

I CLAIM:

1. An oxygen switching apparatus comprising, in combination:
  - a first tube having a first end and a second end;
  - a second tube having a first end and a second end;
  - wherein said first end of said tube receives oxygen under pressure;
  - a third tube having a first end and a second end;
  - a fourth tube having a first end and a second end;
  - a switch in communication with each of said second end of said first tube, said second end of said second tube, said first end of said third tube and said first end of said fourth tube;
  - wherein said second end of said third tube terminates proximate a first nostril of a person;
  - wherein said second end of said fourth tube terminates proximate a second nostril of said person;
  - wherein said switch is positioned so as to permit a user, upon activation of said switch, to alternate a flow of said oxygen under pressure from said second end of said first tube, as between said first end of said third tube and said first end of said second tube so that said oxygen under pressure exits only one of said second end of said third tube and said second end of said fourth tube.
2. The oxygen switching apparatus of Claim 1 further comprising a source of oxygen under pressure within a housing and wherein said switch is coupled to said first tube and said second tube in an interior of said housing.

3. An oxygen switching apparatus comprising, in combination:

- a source of oxygen under pressure;
- a single tube having a first end coupled to said source of oxygen under pressure and a second end;
- a second tube having a first end and a second end terminating proximate a first nostril of a person;
- a third tube having a first end and a second end terminating proximate a second nostril of a person;
- a switch in communication with and interposed between said second end of said first tube and said first end of each of said second tube and said first end of said third tube;
- said switch being positioned so as to permit a user, upon activation of said switch, to alternate a flow of said oxygen under pressure from said second end of said first tube as between said first end of said second tube and said first end of said third tube so that said oxygen under pressure exits only one of said second end of said second tube and said second end of said third tube.

4. A method for switching delivery of oxygen between two oxygen carrying tubes comprising the steps of:

- providing a first tube having a first end and a second end;
- providing a second tube having a first end and a second end;
- wherein said first end of said tube receives oxygen under pressure;
- providing a third tube having a first end and a second end;
- providing a fourth tube having a first end and a second end;
- providing a switch in communication with each of said second end of said first tube, said second end of said second tube, said first end of said third tube and said first end of said fourth tube;
- wherein said second end of said third tube terminates proximate a first nostril of a person;
- wherein said second end of said fourth tube terminates proximate a second nostril of said person;
- wherein said switch is positioned so as to permit a user, upon activation of said switch, to alternate a flow of said oxygen under pressure from said second end of said first tube, as between said first end of said third tube and said first end of said second tube so that said oxygen under pressure exits only one of said second end of said third tube and said second end of said fourth tube;
- receiving oxygen under pressure in said first end of said first tube; and
- activating said switch and thereby causing said oxygen under pressure from said second end of said first tube to be received in the other of said first end of said third tube and said first end of said fourth tube.

5. The method of Claim 4 further comprising the step of providing a timing device to track an amount of time between activation of said switch.

6. The method of Claim 5 wherein said timing device is alarm-type.

7. The method of Claim 5 wherein said timing device is adjustable.

8. The method of Claim 5 wherein said timing device is coupled to said switch so that at a predetermined time interval, said switch is activated.